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BAWIC

Hours of Operation:

Monday
8:00 a.m. thru 5:00 p.m.
Tuesday
8:00 a.m. thru 5:00 p.m.
Wednesday
8:00 a.m. thru 5:00 p.m.
Thursday
Closed
Friday
8:00 a.m. thru 5:00 p.m.

Closed on Holidays/Weekends

Telephone: (850) 523-3440



Health Care Integration

You have probably heard people talking a lot about health care integration. As a BAWIC client, you are actually involved in, and participating in, a health care integration program. But what does this fancy phrase mean? At a simple level, it means being able to receive physical and mental health treatment at the same place. Sounds great, right? This part of Health Care Integration is called **"improved access"**, and that just means that it's easier to make one trip than two, and it's easier to have all your services under one roof. But there's more to integration than that.

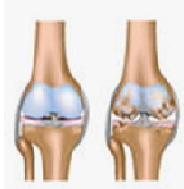
Integration also means **communication**. There are quite a few psychiatric illnesses and physical illnesses that look alike: Low blood sugar looks like depression. Hypothyroidism can look like mood disorder. On the other hand, schizophrenia can look a lot like a traumatic brain injury. In order to provide the right treatment, the folks treating your brain and your body should be talking to each other, and making sure that your diagnosis is accurate. An accurate diagnosis means more effective treatment. Also sounds great, right? But there's even more to integration than that! Psychiatry is a fairly new branch of medicine – just about 120 years old (physical medicine has been around, literally, for thousands of years).

One of the facts that has been researched and clearly established in the past couple of decades is that severe and persistent mental illnesses like schizophrenia and bipolar disorder are genetically transmitted (they run in families) and biologically based (they emerge out of unusual brain activity). Integration means clearly facing and acting on the information that psychiatric illnesses are physical illnesses. In other words, the only real difference between schizophrenia and heart disease is that that one is located in your brain, and the other in your heart.

And, just like the physical illnesses that strike below the neck, there are treatments available for mental illnesses that are very effective – treatments that are much more effective when they are delivered as part of caring for the whole person. Integration means understanding that no one chooses a mental illness, any more than they choose a physical illness – but everyone can choose to seek help.

Dr. Jay Reeve, CEO, Apalachee Center, Inc.

Focus on Wellness



What Affects Bone Health?



A number of factors can affect bone health. For example:

The amount of calcium in your diet. A diet low in calcium contributes to diminished bone density, early bone loss and an increased risk of fractures.

Physical activity. People who are physically inactive have a higher risk of osteoporosis than do their more-active counterparts.

Tobacco and alcohol use. Research suggests that tobacco use contributes to weak bones. Similarly, regularly having more than two alcoholic drinks a day increases the risk of osteoporosis, possibly because alcohol can interfere with the body's ability to absorb calcium.

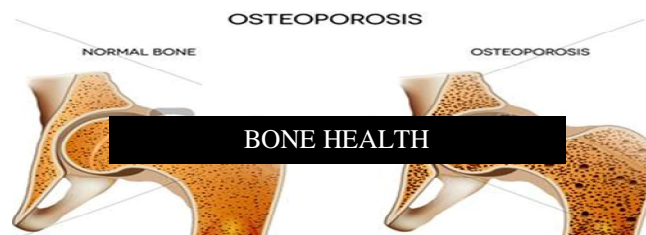
Gender, size and age. You're at greater risk of osteoporosis if you're a woman, because women have less bone tissue than do men. You're also at risk if you're extremely thin (with a body mass index of 19 or less) or have a small body frame because you may have less bone mass to draw from as you age. Also your bones become thinner and weaker as you age.

Race and family history. You're at greatest risk of osteoporosis if you're white or of Asian descent. In addition, having a parent or sibling who has osteoporosis puts you at greater risk — especially if you also have a family history of fractures.

Hormone levels. Too much thyroid hormone can cause bone loss. In women, bone loss increases dramatically at menopause due to dropping estrogen levels. Prolonged periods absence of menstruation (amenorrhea), before menopause also increases the risk of osteoporosis. In men, low testosterone levels can cause a loss of bone mass.

Eating disorders and other conditions. People who have anorexia or bulimia are at risk of bone loss. In addition, stomach surgery (gastrectomy), weight-loss surgery and conditions such as Crohn's disease, celiac disease and Cushing's disease can affect your body's ability to absorb calcium.

Certain medications. Long-term use of corticosteroid medications, such as prednisone, cortisone, prednisolone and dexamethasone, are damaging to bone. Other drugs that may increase the risk of osteoporosis include aromatase inhibitors to treat breast cancer, selective serotonin reuptake inhibitors, methotrexate, some anti-seizure medications and proton pump inhibitors.



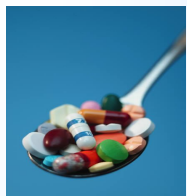
For information, contact:

<http://www.mayoclinic.com/health/bone-health/MY01399>

Consumer Corner

Medication Management Tips

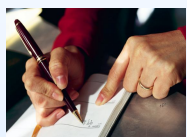
How many different medicines do you take? Most people with heart failure or other cardiovascular illnesses take several. It's no wonder you might sometimes puzzle over which medicines to take and when, how much to take, or what symptoms the drugs treat.



To prevent missed or double doses, side effects, and drug interactions, keep your medications organized. Try following these tips to avoid problems:

Write it down

Make a note of the basics about each of your medicines. Here's what to record: medicine name (generic and brand name), what you use it for, when to take it, how much to take, how to take it, and for how long to take it. Make sure you note whether to avoid mixing the medicine with any others or with any foods or drinks.



Share the information



Tell your health care providers which medicines you take. This includes all prescriptions and any over-the-counter drugs, nutritional supplements, herbs, and other remedies. Keep an up-to-date list of everything you take. Bring it whenever you see your health care provider. Ask whether any of the items can cause problems when combined.

Use a weekly pillbox



These boxes have seven compartments, one of each day of the week. Some have additional slots for different times of day, such as morning, mid-day, and bedtime. If you stock your pillbox at the beginning of the week, then all week long it's easy to tell whether you've taken a dose instead of trying to remember. You also can link taking your medicine with another routine activity, such as brushing your teeth, so you get used to taking it regularly.

Watch for side effects



Ask your health care provider what side-effects may occur with each of your medicines and learn what you can do to avoid them. Find out when to report any side-effects to your health care provider. He or she may be able to adjust your dose or schedule, or substitute another drug, if side-effects bother you.

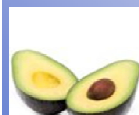


Healthy Food Tips



Kiwi for your Bones

Eating kiwi will not only help maintain clear skin, it will also promote healthy bones.



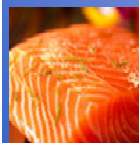
Avocado for Shiny Hair

Long touted as the miracle hair food, they're high in vitamins B and E which promote healthy scalp and the growth of new strands.



Oysters for Your Eyes

Not only are oysters full of zinc and selenium, it is high levels of these minerals serve as an antioxidant and help protect you against eye-related disease.



Salmon for Your Heart

Diets high in omega-3 fatty acids protect against heart disease. A study from Diabetes and Metabolism found that omega-3s keep the stress hormones cortisol and adrenaline from peaking.

Health and Wellness

Stress Management



Do you know anyone who isn't at times stressed out these days? The pace of modern life makes stress management a necessary skill for everyone. Many people juggle multiple responsibilities, work, home life, caregiving and relationships. Learning to identify problems and implement solutions is the key to successful stress reduction.

The first step in successful stress relief is deciding to make a change in how you manage stress. The next step is identifying your stress triggers. Some causes of stress are obvious - job pressures, relationship problems or financial difficulties. But daily hassles and demands, such as commuting, arranging day care or being overcommitted at work, can also contribute to your stress level. Positive events also can be stressful. If you got married, started a new job and bought a new house in the same year, you could have a high stress level. While negative events in general are more stressful, be sure to also assess positive changes in your life.

Once you've identified your stress triggers, you can start thinking about strategies for dealing with them. Sometimes the solution may be as easy as turning off the TV when the evening news is too distressing. Or, when you can't avoid a stressful situation, try brainstorming ways to reduce the irritation factor. And don't feel like you have to figure it out all on your own. Seek help and support from family and friends. You may want to ask them what stress-relief techniques have worked well for them. And many people benefit from daily practice of stress reduction techniques, such as mindfulness, tai chi, yoga, meditation or being in nature. Stress won't disappear from your life. And stress management isn't an overnight cure. But with practice, you can learn to manage your stress level and increase your ability to cope with life's challenges.

For more information, contact:

<http://www.mayoclinic.com/health/stress-management/MY00435/DSECTION=stress-relief>

Upcoming Events

Smoking Freedom



BAWIC has completed its first series of the Smoke Freedom group classes for those who were interested in learning more about facts on smoking, the affects of secondhand smoke, and illnesses related to smoking. Did you know that smoking, in addition to causing cancer, affects other diseases within the body such as Diabetics, Hypertension and weight? During sessions, people shared personal stories as well as set goals to cut back on smoking. Those with a goal to quitting smoking, have moved into the follow-up program called **Quit Smoking Now**. This program has provided participants with "quit kits" and will guide smokers through the difficult process of getting free from tobacco.

EVERY OTHER WEDNESDAY

For more information, check with Mr. Irvine, Information Specialist, BAWIC, for the time
Telephone: (850) 523-3440